



October 2014

NEWSLETTER

October 1, 2014 is National Seniors Day!

The United Nations has declared October 1st International Day of the Older Person. The Government of Canada has named October 1st National Seniors Day. Either way we are proud to pay tribute to the seniors who have helped build our country and continue to make valuable contributions to Canadian communities, workplaces and society. National Seniors Day is an occasion for all Canadians to appreciate and celebrate seniors. We at Silver Threads Service try and do this every day!!

If you come to the Saanich or Victoria Centres on October 1st expect to celebrate too! We have some surprises in store and one of them is cake!! It is also the Guess Who dinner that night so more fun is planned.

We would also like to take the fun to the street and are looking to create a bit of buzz in the community. On Wednesday, October 1st at 9:00

am we will be a Silver Tsunami. We are inviting you to join us – we need a crowd to come out and take over the intersection at Burnside and Tillicum and Bay and Richmond (by each of our centres) – we will supply the signs and flashy silver accessories. We will get the media out and create a spectacle!

Let any staff know if you can attend and plan to be at either the Victoria or Saanich Centres around 8:45 am.



Guess Who's Coming to Dinner in October

Guess Who's Coming to Dinner is a wonderful evening of food, entertainment, socialization, and dancing if you so desire! Our October 1st function is a combined affair, celebrating National Seniors Day and Thanksgiving. The menu will feature turkey with all the trimmings and pumpkin pie for dessert. Entertainment that evening will be the lively duo of Rosie and Corinne: Just Us! There will also be special offerings to honour our valued seniors.

For October 15th Chef Brian will be preparing roast pork with strawberry mousse for dessert. For your listening pleasure we have the upbeat Celtic tunes of Dave Cook and Cookeilidh.

Both dinners start at 5:00pm and wrap up at 7:00pm. The October 1 function will be \$15 per person and \$12 for the October 15th happening.



Friendship Connection Program

Silver Threads is proud to partner with We Rage We Weep Alzheimer Foundation and Lifetime Networks to take part in the Friendship Connection program.

Friendship Connection is a companion program whereby individuals from Lifetime Networks and a support worker are connected with seniors who have Alzheimer's or dementia; creating a "friendship connection" because *a friend makes a difference*.

Who can enjoy a friendship connection?

- Clients with all stages of Alzheimer's or related dementia
- Those living at home with their caregivers

What is The Friendship Connection program?

- Participation together in a one hour activity between a senior with dementia and a client of Lifetime Networks
- The following are ideas for activities that are offered at Silver Threads Service:
 1. Carpet bowling
 2. Floor shuffleboard
 3. Fun & fitness exercise classes
 4. Scrabble, games and puzzles
- Our focus: those 70% of dementia clients still living at home with a caregiver

How to Enrol

For more information and to register your loved one with dementia in the Friendship Connection Companion Program email info@werageweweep.com or call 250-920-9573 to indicate your intent.

Support Friendship Connection

All programs/services offered through We Rage We Weep Alzheimer Foundation operate on a donation basis. The suggested donation to participate in the Friendship Connection program is \$50.00. Funds provide a membership to Silver Threads Service. As we are a registered charity you will receive a tax receipt for your contribution.

Crafts at the Victoria Centre

The atmosphere in the class at the Victoria Centre is one filled with fun & laughter, while our hands and minds are busy helping one another exchange creative ideas we have created a myriad of coloured Christmas balls for the Festival of Trees at the Empress Hotel for this holiday season.



Silver Threads Members
and Master Crafters
Sylvia and Anna

Group meets Friday mornings from 9:00 am to noon
at the Victoria Centre



Benefits of Membership

- Complimentary coffee and muffin when you become a member
- Access to programs at both Saanich and Victoria centres
- Reduced fees for programs
- First priority for programs with limited registration, special events and outings
- Monthly newsletter
- Reduced rates when renting

The Chair Will Do You In

You see, countless sessions of computer work like corresponding, editing and sending jokes to friends, writing and polishing stories, organizing photographs, playing Hearts (try as I might, I can't seem to better my wins ratio of 38%), all these hours spent in the chair will hasten my demise according to conventional wisdom.

So, in my quest for a healthier life style, I now work standing in front of the white table which you'll notice atop the credenza. The keyboard, the monitor, the mouse and my flying fingers are raised about 14 inches (36cm) above normal desk height.

I was encouraged by drawings showing office workers with poufy wigs and dripping crow quills standing up against lecterns and desks keeping records, inventories and correspondence, in Dickens' time.

I cannot match this spectacle, but from now on I shall try to avoid the sedentary path to perdition by standing in one spot as I type this message, to you for instance - I hope you appreciate the effort - my bum will thank you.

Naturally, while I am getting sore feet and swollen ankles, you



cannot expect the usual luxurious length of letter. Instead, you will have to use goodwill and your imagination to complete my hurried sentences, to read between the lines and to fill the gaps in this painful blurb.

Just when you thought that I could not possibly have wrung anymore drama from this item, I must confess that my high-minded experiment has indeed been compromised, a little:

I bought an extra length of computer lead so that the keyboard could be positioned and be comfortably played at credenza level as well, by one bone-weary Peter, sitting in a chair - aah - to do his stories (and only his stories, the other computer stuff is getting noticeably shorter shrift from me standing and typing, fully erect at 5' 9").

OK, yes a compromise, but would you rather have me turn out dry and spartan prose for the sake of perhaps living a week longer with legs looking like baobab trees? Of course you wouldn't, but...

What will you do next, without your chair?

By: Peter Z. (Silver Threads Member)

Ever thought about trying Zumba Gold?

Zumba Gold is a movement to music – Latin-inspired – exercise class geared for older adults and absolute beginners proving to be a fun and effective workout. It is designed to be strain free, easy to follow and effective.

No dance experience is required and even if you think you have two left feet you will be pleasantly surprised! Silver Threads Service is now offering Zumba Gold in both the Saanich and Victoria Centres.

Consider giving it a try – all you need is comfortable workout clothes and supportive shoes like runners and come along and check it out, just do as much as you feel comfortable!

Classes are:

Tuesdays 10:30am to 11:30 am at Victoria

Tuesdays 2:30pm to 3:30 at Saanich



Cross-Eyed Sue

Here's a song that Silver Threads Member, Alice T., used to sing and wanted to share to give us all a smile!

Oh I've got a girl named Cross-Eyed Sue
Her eyes are red and her lips are blue.
Dimpled hair and curly cheeks
Her false teeth rattle, and her glass eye squeaks.

Cross-Eyed Sue, she wears a shoe
That buttons up the back.
Her feet's too big for stocking
So she wears a gunny sack.

Her curly wig costs 50 cents
And it sure looks a sight.
Her teeth are like the stars above
'Cause they come out at night.

Her old man is a sight to see,
He's drunk both night and day.
He feeds his horses cold flapjacks,
And he feeds his kids on hay.

Take the Pressure Down



Get your Blood Pressure taken at this free drop in clinic. Take the Pressure Down staff also provide heart health education.

Thursday, October 23rd

10:00 am - 1:00 pm

Victoria Silver Threads

2340 Richmond Road



Halloween Fun

Halloween falls on a Friday this year. If you're going to be in the centres on October 31st, join in the fun and wear black and orange or even

Silver Threads Staff

Tracy Ryan - Executive Director

Jean Birtwistle - Executive Assistant

Debbie Erb - Victoria Centre Director

Anne Nelson - Saanich Centre Director

Julie McGaghey - Saanich Assistant Director

Lisa Coulson - Program Coordinator

Brian Penner - Saanich Chef

Silver Threads Locations

Saanich Centre

286 Hampton Road

Victoria, BC V8Z 1H1

Phone: 250 382-3151

Victoria Centre

2340 Richmond Road

Victoria, BC V8R 4R9

Phone: 250 388-4268